

## **Everything You Need to Know about Cranberries!**

Brought to you by Froedtert and Community Memorial Hospital Dietitians

Cranberries are one of three of North America's native fruits and Wisconsin is the nation's leader in cranberry farming and produces more than 300 million pounds of fruit annually – more than half of the estimated 575 million pounds of cranberries that Americans consume each year. Studies have estimated that cranberry growing contributes over \$300 million to the state's economy and provides employment for over 7,000 people.

Did you know that Warrens, Wisconsin is the "Cranberry Capital of Wisconsin"? In this small Wisconsin town, residents welcome 100,000 visitors to one of America's biggest festivals—Cranfest.

Cranberries offer several important health benefits. Today, health researchers are producing reliable evidence that cranberries are not only a healthy low calorie fruit but they can also play a significant role in preventing urinary tract infections and reducing the risk of gum disease. Research on the potential benefits of cranberries in other health areas including heart disease and cancer prevention is ongoing.

This cheery little fruit adds more than just zip to your meals! It's high in fiber, has just 25 calories per 1/2 cup, and provides over 10% of the recommended daily allowance of Vitamin C. Cranberries are also low in sodium and are a source of Vitamins A & B, calcium, phosphorus, and iron.

### **Cooking With Cranberries**

Mmmmm! Your kitchen never smelled so good! Cranberry muffins baking in the oven, fresh cranberry pie cooling on the counter, and tantalizing chocolate-covered cranberries quickly disappearing from the table!

Cranberries add tangy flavor to everything from stuffing and sauces to beverages and barbecues. They make everyday relishes, mouth-watering. And of course, they add a touch of the extraordinary to dessert.

You'll find fresh cranberries available in your supermarket produce section from September to December. To prepare cranberries for cooking, sort out bruised berries, then rinse in cold water. The berries can easily be frozen for up to nine months. Just pop them in your freezer for later use (wash before you use them, but not before freezing). When ready to use, do not thaw. Follow recipe directions using frozen berries.

Some Helpful Hints:

- Chop cranberries in a food processor for quick results
- 12 oz. cranberries equal 3 cups
- If a favorite recipe calls for 4 cups (16 oz.) of cranberries, it can be adapted to the 12 oz. bag size by cutting all ingredients by one-fourth
- Refrigerate leftover cranberry sauce or cranberry orange relish for several days, or, freeze in an airtight container up to a full year.

After the rich foods of Thanksgiving, a nice piece of fish sounds appealing. And you can use up the last of the cranberries at the same time with this delicious entree. The slight tartness of cranberries nicely complements the rich flavor of fatty fish such as salmon. Salmon is a particularly good source of omega-3 fat, a polyunsaturated fat with two major benefits: It doesn't raise blood cholesterol, and it seems to have health-promoting powers that lower the risk of heart disease and possibly cancer.

### **Cranberry Salmon**

Nonstick vegetable oil spray  
2 Tbsp. olive oil, divided  
1 Tbsp. Dijon mustard  
4 5-oz. boneless salmon fillets  
Salt and freshly ground black pepper  
1/4 cup dried cranberries  
2 Tbsp. chopped shallots  
1 Tbsp. red wine vinegar  
2 Tbsp. water



Preheat oven to 450 degrees. Cover a baking sheet with foil and lightly spray with oil.

In a medium bowl, whisk 1 tablespoon oil and mustard together. Place salmon on foil-covered baking sheet, skin side down, and season with salt and pepper. Brush salmon with oil-mustard blend. Roast until salmon is cooked through, about 15 minutes.

Meanwhile, whisk cranberries, shallots, vinegar, and water with the remaining oil, salt and pepper in a small saucepan. Bring to a boil then reduce heat to low. Simmer for 10 minutes or until cranberries and shallots are soft. Remove from heat and cover for a moment until fish is cooked.

When fish is cooked through, remove from oven and transfer fish to plates. Spoon sauce over fillets, and serve.

Makes 4 servings. Per serving: 351 calories, 17 g. total fat (2 g. saturated fat), 15 g. carbohydrate, 33 g. protein, less than 1 g. dietary fiber, 216 mg. sodium.

Tip from [wiscran.org](http://wiscran.org) and recipe from [airc.org](http://airc.org)